

**Session 8**  
**“Violence Prevention: Bullying” – 1**

**Goals**

- To define bullying
- To define harassment and to identify different types of harassment
- To identify ways students can prevent bullying

**Materials**

Worksheet 1  
Activity 2  
Worksheet 2

**Procedure**

Wait until the students are seated. Ask someone to recap what they learned in Session 7. Describe the goals for today’s lesson on “Violence Prevention: Bullying”.

**Script**

The next three lessons will be about Violence Prevention. We will talk about important, even life-or-death issues like the consequences of joining gangs and hating people who are different. The first lesson in this series is about Bullying. Today we will talk about many different aspects of bullying. We will explore why students bully one another, who are typical targets of bullying, what it feels like to be bullied, and why students should not act like bullies. There will be some exercises where you will be asked to provide your personal thoughts and experiences regarding bullying. Your answers may be discussed, but they will be kept anonymous, meaning unless you take credit for them no one will know who said them.

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**Violence Prevention: Bullying -- 2**

**Activity 1: Exploring Bullying In Our School**

A bully is someone who hurts or intimidates other people. Pass out Bullying Worksheet 1. Divide the students into groups of three to six people. Have each group rate 1-5 which one of the ways outlined in “Why Students Bully?” happens the most at school. Next, have each group rate 1-5 which one of the ways outlined in “Who Is A Bully?” is the truest. Then, have each group rate 1-4 which way outlined in “Ways Students Bully” happens the most at school. Lastly, have each group rate 1-4 which one of the ways outlined in “Who Do Bullies Most Often Pick On?” is truest.

Discuss each group’s results.

**Activity 2: Bully Survey**

Pass out the “Bully Survey”. Make sure the students don’t put their names on top of the sheet. Question one and two are optional. Answers won’t be shared.

**Activity 3: Stop Bullying – Writing Exercise**

Write about a time when you experienced a bully. What steps did you take to stop the bully? Consider the ideas listed on the Worksheet 2 – “Bullying”. Which steps could you have used to stop the bully?

**Activity 4: Quote for Discussion**

Read the quote. Discuss the meaning as a class.

*We must turn to each other and not on each other.*

*Jesse Jackson (born 1941)*  
*American Minister and Civil Rights Activist*

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**Activity 4: VA Hero**

**Rene Marie's** story is an inspirational one that many Roanokers know. She grew up in Roanoke in a home filled with music. She spent her youth singing in various R&B bands, but when she married at 18 and had two children by the time she was 23, her singing days were brought to an end. However, Marie raised her children with music and shared her talent with them as time went on. In 1996, one of her sons encouraged her to finally pursue her passion, which she did.

Ten years later, Marie has won two Best Jazz Vocal awards from the Association for Independent Musicians, has been ranked #1 Jazz Vocalist by the SESAC (a music publisher's organization), and Jazz Times rated her 3rd album *Vertigo* the Top Jazz Album of 2001. She is constantly compared to jazz legends Ella Fitzgerald, Sarah Vaughan, and Nancy Wilson.

**Activity 5: Life Skill**

After dining in the cafeteria or elsewhere, be responsible for your trash.